

Speak(easy) Howard Advance Care Planning Workshop



**WHY IS ADVANCE CARE
PLANNING IMPORTANT?**

**“Our ultimate goal,
after all, is not a good
death, but a good life to
the very end.”**

~ Atul Gawande

National Data*

90%

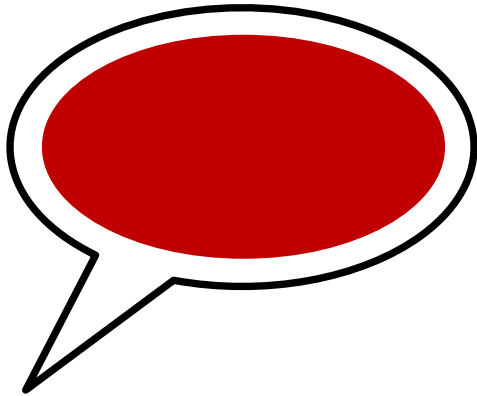


**THINK IT'S IMPORTANT
TO HAVE THESE CONVERSATIONS.**

** 2013 Conversation Project survey of adults 18+*

National Data*

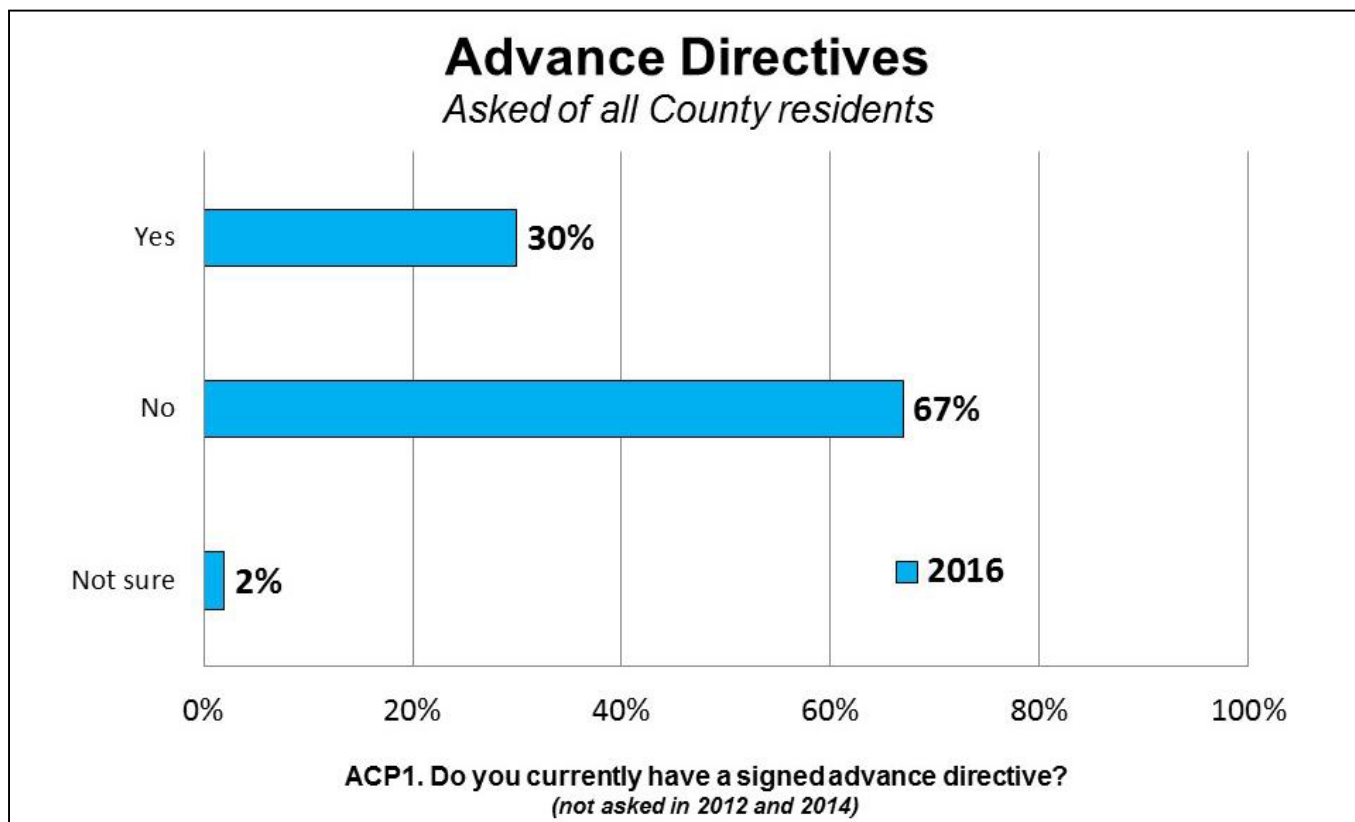
30%



HAVE ACTUALLY DONE SO

** 2013 Conversation Project survey of adults 18+*

2016 Howard County Health Survey



WHY DON'T WE PLAN?

A Busy Life and an Unpleasant Topic

“So, some of these things...have been on my to do list, but...I haven’t done them yet.”

“I’ve thought about it for myself on occasion, but I haven’t done it...It’s just an issue that’s not the most comfortable, I guess.”

“People don’t like to think about death so they put it off and put it off.”

Relying on Family Members

“It’s easier just to have a quick call with my sister and say, ‘You know what? Make sure they try everything before you all give up on me,’ and then that’s that.”

“We were just having dinner, and my kids are 13 and 15, and my husband just said, ‘You know, don’t keep me alive if I get old and sick,’ and I was like, ‘Oh, keep me alive...try everything you can.’ ...And we’re relying on a 13 and 15-year-old.”

Practical Questions

Where do I start?

Do I need a lawyer?

Do the documents need to be notarized?

What if the hospital can't find my documents?

Fear of the Unknown

What if I feel differently when the time comes?

“The not knowing is what scares me to actually write, sign a piece of paper...to make that decision, put that in ink, because once you sign something...you’re committed.”

“And then they go and pull the plug and that’s really not what you wanted...”

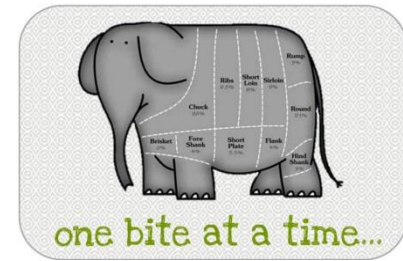
Conflicted Decision Sisters

https://www.youtube.com/watch?v=DJBpmBFn4uE&list=PLQ350mp1_w80JCXDCbfQpVePbg1SqW7-E&index=4&t=0s



**CONVERSATIONS
START WITH YOU**

SHRINKING THE CHANGE



Share Your
Care
Preferences

Name Your
Health
Care Agent

Complete a
Living Will

*Life “triggers”
(illness, children)*

speakeasyhoward.org



NAME YOUR AGENT

Make sure they know who to call

Your health care agent makes medical decisions for you if you can't.



Question: 1 of 6

SHARE YOUR PLAN.
NAME YOUR AGENT

As a patient, what do you want to know about
your care?

Everything. No
sugarcoating. Tell me
every downside and
the chances things
won't go well.

Just share what's
absolutely necessary.
No need to hear what
might go wrong.

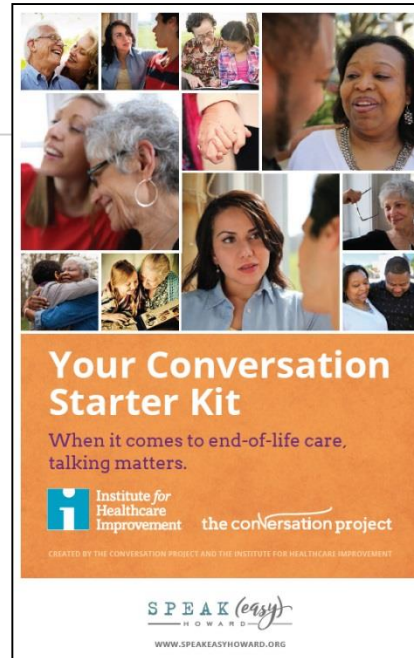


I'm not sure

Your Conversation Starter Kit

A Starter Kit to help you think about your preferences for care and share them with loved ones.

Get the Kit



WHAT IS A SPEAK(EASY) HOWARD WORKSHOP?



the conversation project

A public engagement campaign dedicated to assure
that everyone's wishes for end-of-life care are
expressed and respected.

Speak(easy) Howard Workshop

An opportunity for residents to learn about the Speak(easy) Howard campaign and begin thinking about their advance care health wishes.

A workshop can be hosted by any individual or organization.

The Starter Kit *(p. 3 - 5)*

Step 2 Get Set

What's most important to you as you think about how you want to live at the end of your life? What do you value most? **Thinking about this will help you get ready to have the conversation.**

- ?** Now finish this sentence: **What matters to me at the end of life is...**
(For example, being able to recognize my children; being in the hospital with excellent nursing care; being able to say goodbye to the ones I love.)

The Starter Kit: Get Set (p. 3 - 5)

How long do you want to receive medical care?

☐ 1

Indefinitely, no matter
how uncomfortable
treatments are

☐ 2

☐ 3

☐ 4

☐ 5

Quality of life is
more important to
me than quantity

.....

What are your concerns about treatment?

☐ 1

I'm worried that I won't
get enough care

☐ 2

☐ 3

☐ 4

☐ 5

I'm worried that I'll get
overly aggressive care

the conversation project

**Your loved ones
need your plan.**

(We'll help you make it.)



Talk to loved ones about my
preferences for care



Name my health care agent

speakeasyhoward.org

For questions or more information, contact
the Horizon Foundation at

info@speakeasyhoward.org

